Diagnosis: Does It Help or Hurt?
Body-Mind-Spirit – Rebecca Thompson, M.S.
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Talking Points

- Author Rebecca Thompson, MS wants to know Diagnosis: does it help or hurt? "Labels are usually chosen due to behavioral checklists filled out by parents and teachers. It is an unscientific process based upon what the adults in a child's life are seeing. It is an unscientific process based upon what the adults in a child's life are seeing. That viewpoint is a creation of what our culture tells us to look at. But what if we aren't seeing the whole picture? What if we don't understand the relationship between the behavior and what the child has been through?" (28)
- ❖ A label may allow a parent to find other parents who may be working with similar circumstances but it's not much help to the child other than possibly gaining a more understanding parent.
- ❖ A label may also encourage parents with a child with "ADHD" to research more about the causes (diet, too much screen time, not enough time outside,...)
- Consciously Parenting's first principle: "All behavior is a communication." (29) What could a child with "ADHD" be trying to communicate?
- ❖ A label for a child may redefine them and that may not allow room for shifting and growing into something else.
- Consciously Parenting's second principle: "A need when met will go away. A need unmet is here to stay." (30) This helps to stress the importance of addressing the underlying cause and making changes.
- I love how Rebecca says this, "We are dynamic, rapidly changing individuals, particularly as children. When people believe in us, in our ability to change and grow, we are able to blossom. When we have people limiting us, we will limit ourselves and may not grow into our potential." (30) How could a label limit our children (or students)?
- Our words, expectations and intentions as parents and teachers have the potential to encourage children to expand, learn and grow. Or they can just as easily do the opposite. Would labeling a child limit our expectation of them and what they're capable of?

And always remember, "Underneath a child's 'negative' behaviors is a child who wants to be loved and to love, who needs to connect with others in order to survive and thrive. We need to shift our perspectives, and look at our child with new eyes. Only then will we see the miracles." (30)

This issue has many articles that discuss ADHD. I encourage you to read them and use them to help broaden your understanding.

Resources

Full references for each article are available at http://pathwaystofamilywellness.org/references.html

Rebecca Thompson, M.S., MFT's website http://consciouslyparenting.com/rebecca/